

AMENDMENTS TO THE SPECIFICATION

On page 2, please replace the one-sentence paragraph after the subtitle "CROSS-REFERENCE TO RELATED CASES" with the following:

This application is a division of application Serial No. 09/844,087, filed April 27, 2001, now Patent No. 6,695,731, which is hereby incorporated by reference in its entirety.

On pages 34/35, please replace the paragraph beginning with "The configuration ..." with the following:

The configuration or outline of the constriction 20 is determined by two projections 26, 28 which confront each other in the radial direction of the link chain embodying the plate 10. The projection 26 is disposed between the window sections 14, 16 ~~48~~ in a central portion 24 of the plate 10, and the projection 28 is also disposed in the central portion 24 but at the opposite side of the axis 36. The constiction 22 is defined by projections 30, 32 which are at least substantial mirror images of the projections 26, 28, respectively, with reference to the aforementioned symmetry plane.

On pages 39/40, please replace the paragraph beginning with "The distance 46 ..." with the following:

The distance 46 shown in the lower left-hand portion of Fig. 1 (i.e., the height of that side of the projection 28 which is adjacent the window section 14) and/or the distance 48 (i.e., the height of the projection 26 between the window sections 14 and 16 ~~48~~) is preferably selected in such a way that it equals at least 30%, preferably at least 45% or at least 60% or at least 75% or at least 85% or more than 100% of the distance between the points 60, 54, 64, 68 (which respectively correspond to distances 46, 48, 50, 52) from the axis 36. As shown in Fig. 1, the tips 56, 58 of the projections 26, 28 do not touch each other (note the constriction 20), and the same holds true for the tips 62, 66 of the projections 30, 32 (note the constriction 22).